

From the Parish Nurses

Dear

Firstly I'd like to say thank you so much for your investment in the Parish Nursing Project at St Matthew's. I thought it is only right to update you on how your money has been spent and the impact it has had on the lives of those we serve. I'd also like to share our plans for 2021.

Despite the global pandemic, I am delighted to report that we have achieved many of our goals for the project this year and am confident that this will continue in 2021. Of course we have had to adapt and there have been additional unplanned costs, but the providence and grace of God have been clearly evident and we are feeling blessed to have been able to serve our community at such a challenging time.

In our funding applications, we planned to set up sanctuary space within the church, to be out on the streets and to have a stall in the central market.

1. Sanctuary space within the church.

The nurses have supported the opening of the church for private prayer, offering space and time to those who attend. This has enabled us to help some people experiencing significant mental health difficulties. As a result of these interactions, the nurses have made several referrals to social care, mental health teams and addiction services. Visitors have reported an improvement in their wellbeing as a result and have spoken of a sense of community and belonging.

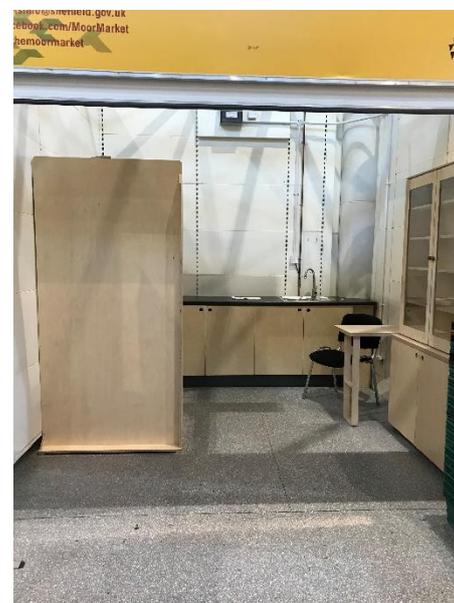
2. On the streets

Despite the pandemic, this has probably been the largest area of growth and interaction for the project. The nurses are working alongside partner agencies within the city offering tailor-made support for those most vulnerable. We attend multiagency outreach days within the city and are helping to develop a core set of standards for all those offering support within the city centre. We also support the staff and residents of a local interim homeless housing project within the parish.



3. The stall in the central market

Opening of the stall on November 5th had to be delayed as a result of the new national lockdown rules. We are hoping to have it up and running in the new year, COVID restrictions permitting. The fitter Paul McCarthy has done an amazing job for us and we love the sign, designed by Scott Touhey which sets out our aims very clearly.



Training

The nurses have been developing their knowledge as they transition into their new roles and have also attended COVID-specific training to assist those in the community. Courses attended include:

- Preparation for practice with Parish Nursing Ministries UK (This is a requirement for those setting up a Parish Nursing service)
- Church of England Safeguarding Level 2
- Obesity Management
- Parish Nursing Ministries UK symposium
- COVID-19 Psychological First Aid
- COVID cash course
- First Aid
- Faith action coffee mornings covering loneliness, mental health and domestic abuse
- Working with shame
- Dealing with distress: working with suicide and self harm

We have also had continued clinical supervision individually and as part of our Parish Nursing Ministries UK community of practice.

Interventions

Below is a summary of some of our interventions. One interaction with a client can lead to several interventions. For example, a home visit can support a mental health need, spiritual need and reduce social isolation.

	Jan -March	April-June	July-Sept	Oct-Nov	Totals
Spiritual intervention	13	38	59	37	147
Reducing social isolation	16	340	192	132	680
Referral to GP	2	1	5	2	10
Referral to non nhs	7	23	50	19	99
Bereavement support	4	17	8	14	43
Mental health support	18	37	46	53	154
Short term condition	12	28	12	3	55
1:1 health education	3	12	37	35	87
Group health education	12	20	12	8	52
Carer support	6	20	26	2	54
Crisis	0	10	29	12	51
Home visits	5	46	57	27	135
total					1567

A full summary of interventions will be available as part of our annual report early next year.

Budget

Income from funders: £38,950.00

Income from individual donors: £4339.00

Total income: £43,289.00

Below is a summary of our biggest expenses.

Expenditure	
PNMUK	£2305
Training	£1790
Stall fit/ resources	£2897.57
Employment costs	£15053.53
PPE	£572.69
Support packs	£654.76

Our largest expense has been employment costs for our lead nurse. Our nurses have provided 666 volunteer hours in addition to paid work which offers a saving of at least £10,000.

Parish Nursing Ministries UK provide our training and supervision and we pay them an annual fee for this and for their assistance in setting up the project.

PPE is an expense we weren't expecting but has been essential in enabling us to continue our work safely. These costs may rise further as our interactions on the stall begin.

Support packs have been a lifeline for many. We have helped with electricity costs to ensure the most vulnerable have a warm place to return to and are able to prepare a warm meal. We have provided mobile phones to help those on the streets access appointments and telephone consultations. Food parcels have helped those transitioning from the streets while they wait for their universal credit applications to be processed.

We have also provided more personal packs, these really help to encourage clients and to show they are cared for and include items such as;

- Net curtains for a client terrified of being assaulted in his new property, they helped him to feel safer that those outside couldn't see within the property,
- A radio adapter to enable a client to listen to his radio at home. The cost of batteries was too expensive for him, this helped him to stay at home rather than be out on the streets because he was bored and lonely.
- Clothing for a client transitioning from the streets who only had the clothes he was standing in
- Laundrette washing of clothes for a disabled client unable to access a washing machine within his housing project due to COVID restrictions.

A full budget summary will be available as part of our annual report early in the New Year.

Looking to funding for next year, we are delighted that the Fellowship of St John have agreed to provide £15,000 to help us to continue our work. We will be making several grant applications in the near future and are also looking to increase our individual donor base.

Moving forward

We're looking forward to 2021 and expanding our current work within the parish. We've recruited three volunteers to support us in our work, Barry, Mimi and Maria. Maria and Mimi have completed the obesity management training with us so are well equipped with knowledge and skills to help us with clinical and psychological health assessments when we open the stall. Mimi will also be helping with the admin side of things. Maria will be helping with our street outreach work and Barry will be expanding our work with students.

The walking group is going well and as COVID restrictions lift we'll be looking to expand that and getting our running club going again.

As evidenced by this year, the project is able to adapt and to meet identified needs as they arise and we will continue to work flexibly as need arises. We anticipate a rise in those requiring mental health support and increased demand for support packs and financial advice in the coming months as the effects of the pandemic become more evident.

Feedback from our clients and other agencies has been positive and encouraging. All feedback questionnaires have scored us a 10 (very good) and all clients say they would definitely recommend our service to family and friends.

One client recently fed back that the service had restored his faith in God and in humanity. We arranged for Father Naylor to hear his confession, provide him with communion and for him to attend mass. He says he'd got clean on the outside and confession and communion had meant he was now clean on the inside too.

Sarah the Saturday night soup kitchen coordinator told us:

“When you first mentioned the metre ruler I laughed, thought it was silly .. but then went out to do the walk and talk on the Saturday and people still not listening to me telling them to move back . I can sometimes say it a thousand times , then I spoke to one person and he said he didn’t actually know what a metre was , which got me thinking , how many others don’t know .. which made me think of the ruler Comment .. so I decided to ask if anyone had one which they did .. and I put it into practice got a few laughs but it made things a little easier , I’m not saying it’s fully solved the issue but it’s going the right way .

The training I took was fabulous , I actually learnt so much .. even on how to word things when speaking to others and I even realised I don’t actually listen properly 🙄 and the parts about body language this is something else I need to be mindful of .. so for me personally it’s helped me a lot which can then go onto help others so again thank you”

And Tracey Ford the city centre antisocial behaviour manager fed back:

“Partners are excited about the launch of the new stall in Sheffield’s markets and look forward to strengthening our partnership relationships not just with Michaela but St Mathews Church”

Your funding has had such a positive impact on those in our community and we are so grateful.

With our thanks and prayers for a peace filled and safe Christmas

Michaela and Marjorie

